On the Menu

Monday

Creamy Garlic Chicken & Bow Tie Pasta

Tuesday

Mini Meatloaves

Wednesday

Chicken Pot Pie Biscuit Skillet

Thursday

Black Pepper & Garlic Chicken

Friday

Walking Tacos

Saturday

Sunday

Grocery List

Protein

- 2 lbs (6-8) boneless, skinless chicken thighs
- 3 lbs lean ground beef
- 1½ lbs boneless, skinless chicken breasts
- 3 cups shredded or diced rotisserie chicken
- 1 large egg

Dairy

- ¾ cup finely grated Parmesan cheese
- 2 cups shredded Mexican-blend or cheddar cheese
- 2⅔ cups + additional milk (whole milk for first recipe)
- 5 tbsp butter

Spices & Seasonings

- 3½ tbsp taco seasoning
- 2¼ tsp garlic powder
- ¾ tsp onion powder
- 1 tsp paprika
- ¾ tsp Italian seasoning
- 1½ tsp dried thyme
- ¼ tsp dried sage
- ¼ tsp ground ginger
- 3¾ tsp kosher salt, plus more to taste
- 3¼ tsp black pepper, plus more to taste

Frozen

- 1½ cups frozen peas and carrots

Optional Toppings

- Additional grated or shaved Parmesan
- Sour cream
- Extra salsa
- Guacamole or diced avocado
- Sliced jalapeños
- Chopped green onions

Produce

- 2-2½ onions total
- 1 medium white onion
- 6 stalks celery
- 12 cloves garlic, minced or sliced
- 3-4 sprigs fresh thyme
- 2 tbsp + additional fresh parsley, chopped
- 1 tbsp fresh lemon juice
- 2 cups shredded lettuce
- 1 cup diced tomatoes

Grains & Pasta

- 12 oz bow tie pasta
- ½ cup panko breadcrumbs

Pantry

- 3 tbsp olive oil
- Drizzle avocado oil
- 3¼ cups chicken broth
- ⅓ cup beef broth
- 1 (10.5 oz) can cream of chicken soup
- 1 (15 oz) can pinto beans
- ¾ cup salsa
- ½ cup + 1½ tbsp ketchup
- 2 tbsp Worcestershire sauce
- 1½ tbsp brown sugar
- 1 tsp white vinegar
- ½ tsp Dijon mustard
- 2 tbsp mayonnaise
- 1 tbsp cornstarch
- ¼ cup low-sodium soy sauce
- 1 tbsp rice vinegar
- 10-12 individual bags Fritos and/or Doritos
- 2 cups Bisquick baking mix